

**COUNTY OF LOS ANGELES AREA AGENCY ON AGING
TITLE III C MENU WRITING SPECIFICATIONS
2011-2012**

These menu writing specifications and requirements are developed to facilitate the menu writing process and encourage agencies and caterers to start to meet the Dietary Reference Intakes (DRIs) included in the Dietary Guidelines for Americans 2010. The specifications will assist agencies and project dietitians in providing nutritious, appetizing, tasty, and cost effective Title IIIC meals for the seniors we serve.

GENERAL SPECIFICATION SHEET AND RECIPE REQUIREMENTS

1. If a food item is purchased ready prepared, a food specification sheet is required. Serving size, nutritional analysis, and brand name should be included. Copy the Nutrition Panel on the food label, or obtain Food Specification sheets (cut sheets) from your suppliers. This year we will establish standards for amount of sodium allowable in various processed foods.
2. Experiment with herbs, seasonings and flavor blends that do not contain sodium, or try commercial low salt (sodium) flavor enhancers.
3. If your agency or caterer develops a low sodium recipe popular with seniors, PLEASE SHARE IT.
4. HACCP style recipes detailing safe food handling procedures are required for all menu items made by the Central Kitchen or Caterer.
5. Each agency and/or caterer may use standardized HACCP recipes, or may modify their own recipes to meet HACCP requirements. Standardized recipes are included in the L.A. County Foodservice Standard Operating Procedures (SOP) Manual.
6. Ethnic menus, Boomer Salad menus, and Asian, Latino and Boomer Salad HACCP recipes are also available from the DASS contractor.
7. HACCP recipes developed by agencies/caterers should follow the recipe format found in the SOP Manual, or follow the format outlined in the National Restaurant Association's (NRA's) HACCP Reference Book. Each recipe should note the Critical Control Points (CCPs) and Potentially Hazardous Foods (PHFs).
8. Agencies and caterers are encouraged to try new recipes. The recipe must be put in a HACCP format when it is added to the cycle menu.
9. All food specification sheets and HACCP recipes must be on file by July 1, 2011.

GENERAL MENU REQUIREMENTS

1. All menus using nutritional analysis must be updated for nutritional content. Nutritional content can be averaged each week to see if nutrient standards have been met. **However, the menu must contain at least 25 mg Vitamin C every day, and 250 ug Vitamin A on at least three different days of the week.**
2. The component meal pattern template may be used instead of nutrition analysis for determining nutritional adequacy. If the component method is used, all menu component boxes must be filled in. The menu must meet the Senior Meal Pattern requirements. The menu must contain at least 25 mg Vitamin C every day, and 250 ug Vitamin A three times per week in a 5 day program, or four times per week in a 7 day program. Vitamin C sources must be indicated by one *, Vitamin A sources must be indicated by two**. Two foods can be used to provide the Vitamin C or the Vitamin A. The menu must contain four good sources of fiber every week. (See list of high fiber foods). **If for any reason the menu does not meet the menu component requirements, the Nutrition Project Director must obtain the approval of the AAA Nutritionist.**
3. **Senior Component Meal Pattern Requirements:**

Food Group	Required Servings Per Meal	2005 Dietary Guidelines Servings Per Meal
Meat or meat alternate	3 oz	<ul style="list-style-type: none"> • 3 oz servings high biological value protein whole or ground meats, chicken or fish • Limit ground meat to two times per week.
	2 oz	<ul style="list-style-type: none"> • 2 oz meat or meat alternate used in casserole dishes. • Limit casseroles to two times per week. • 2 oz meat or meat alternate used in salad entrée recipes • 2 oz meat or meat alternate used in sandwich recipes. • Limit sandwiches to one time per week
Vegetable/Fruit	2-3 servings	<ul style="list-style-type: none"> • 1 to 1 ½ cups total servings of vegetables and fruits. • Serve 3 servings a minimum of 2 times per week. • ½ cup lettuce salad counts as ½ serving. • ½ cup or 1 piece of fruit for dessert counts as 1 serving.

Bread or Grain	1-2 servings	<ul style="list-style-type: none"> • 1 to 2 servings per meal such as 1 slice whole grain bread or ½ cup rice or pasta. • Frequently use brown rice, or whole grain pasta • Use unusual grains like quinoa or bulgar. • Serve two servings a minimum of one time per week. • 3 of the 6 servings per week must be whole grains (3 gms fiber/serving).
Milk	1 serving	1 cup; Serve 1% fat or non-fat milk.
Fats	Optional—1 serving Trans fat free Margarine	1 teaspoon or equivalent measure.
Dessert	1 serving fruit, grain/bread, or dairy	½ cup fruit, pudding, or small (1 oz) serving of cake, cookies. If a dessert containing trans fat is served, fruit must be available as an alternative choice.
Beverages	1 serving	6 to 8 oz water Optional beverages (regular and decaffeinated coffee and tea) do not contribute to meeting 1/3 RDA and are not an allowable AAA expense

4. All cycle menus shall be planned for a minimum of five weeks or a maximum of six weeks, approved by the agency dietitian, and approved by DASS contractor prior to submission for certification by the AAA Nutritionist. Menus must be certified once per year.
5. To increase variety, include entrée alternates in the cycle. The agency can serve alternate one in the first month, alternate two in the next cycle. Menus will be analyzed using both alternates.
6. Two to four times a month, have a "Choice Day" when the seniors can select one of two entrees served. Pair a popular item like pork chops with one not so popular, like fish, to increase the variety of entrees served.
7. The menu cycle should include holiday meals, ethnic meals, box lunches, special breakfast and/or dinner menus. Special menus should be substituted in the menu at least once per month to add variety and interest. The DASS RD must approve all menu substitutions.
8. Serve an entrée salad a minimum of twice a month during July, August, and September.

9. Serve soup with all sandwich and salad meals on the standard menu.
10. Menus shall reflect seasonal availability of food. The term "Seasonal fruit" may be listed on the menu no more than once per week. If the fruit is the Vitamin C source, the type of fruit must be identified
11. Menus must be typed, the responsibility of the agency, not the dietitian. Agencies may contact DASS contractor for a copy of the automated menu pattern.
12. The Project's Registered Dietitian must carefully review the menus after they have been typed to catch and correct any errors.
13. Menu cover sheets must be completed properly with dates and signatures of the Project Director, the Project Council Chairman, and the Project Registered Dietitian. Menus must list the dates served.
- 14. WHEN THE MENU HAS BEEN APPROVED BY THE PROJECT RD, E-MAIL ONE COVER SHEET AND ONE COMPLETE MENU TO THE DASS CONTRACTOR. BE SURE THE AGENCY MAINTAINS A COPY. DO NOT FAX MENUS. MENUS MAY BE SENT BY U.S. MAIL TO THE DASS CONTRACTOR.**
15. The certified cycle menu for each week shall be posted in a conspicuous spot in the kitchen at each congregate meal site. The Site Manager shall check the certified menu for the scoops and ladles needed to serve each meal. The approved menu for the month shall be posted in the site's dining room. Monthly menus shall be available for seniors.
- 16. ALL MENU SUBSTITUTIONS MUST BE PRE-APPROVED BY THE PROJECT REGISTERED DIETITIAN. SERVING UNAPPROVED MENU CHANGES MAY RESULT IN DISALLOWED COSTS FOR THE MEALS BY THE AAA.**
17. Most meals providing one-third of the RDA would contain approximately 550 to 700 calories. However, some may contain a low of 500 to a high of 900 calories per meal.
18. A No-Added Salt (NAS) diet should be followed. Sodium may be averaged over the week to provide no more than 1,200 mg of sodium per meal. Target sodium per meal is 800 mg. **LIMIT HIGH SODIUM MEATS OR CHEESE TO TOTAL THREE OUNCES PER MONTH (1 3-OZ SERVING, OR DIVIDED UP IN 1 OZ SEGMENTS).** If sodium content in the meal is over 1,000 mg, the meal must be identified on the menu as a high sodium meal. When possible, use low sodium cheese and meats.
19. Use low sodium products to make soups and gravies. Check, duplicate, and save Nutrition Facts from the labels on sauces, salad dressings, and other prepared foods. Use herbs, spices, and lemon to enhance the flavor of food prepared. Do not use monosodium glutamate.

20. Limit use of ground meat or poultry to twice per week for 5 days per week programs and to three times per week for 7 days per week programs. One of the products must be a formed ground meat product.
21. Encourage low fat methods of preparation (bake instead of fry), and use of reduced fat products such as 1% and nonfat milk. Meals should contain no more than 30 to 35% total calories from fat.
22. Trans fat free oils shall be used in food preparation. Trans fat free prepared entrees, crackers, and desserts shall be served. A trans fat free prepared food contains less than 0.5 grams trans fat per serving.
23. During FY 2011--2012 plan to serve a totally trans fat free menu. Agencies may occasionally serve food containing trans fats if the substitute trans fat free product is considerably more expensive. Obtain the Project RD's approval for including food containing trans fats.
24. If a dessert containing trans fat is served, mark the menu with an exclamation mark "!" and provide fruit as a substitute for seniors who do not want the trans fat containing dessert.
25. Food items shall be varied within the week and within the menu cycle.
 - a. Avoid having the same entree, fruit, vegetable or dessert on the same day of the following week. For example, do not serve turkey on Monday of two consecutive weeks.
 - b. Do not use the same meat, poultry, starch, vegetable, or fruit, even in a different form, two consecutive days in a row. For example, do not serve apple juice on Monday and baked apple on Tuesday.
 - c. Provide a variety of foods and preparation methods. Consider color, different food combinations, texture, size, shape, taste, and appearance.
26. Specify foods used. For example, identify vegetables used in vegetable soup and stew; the type of gelatin and fruit used in fruited gelatin; the specific fruit used for dessert; or fruits used in a fruit cup.
27. Indicate the type of dressings for salads. Use dressings low in saturated fat and sodium.
28. Specify the types and amounts of gravies, sauces, and relishes to be served.
29. Double check that the word "Fortified" is indicated when appropriate for margarine, mashed potatoes and juice.

30. Serving sizes and/or serving implements must be included for all items served. Example: 2 peanut butter cookies; 4 oz grapefruit juice; 2" x 2" spice cake; 2 4-oz ladles beef stew.

31. Encourage a switch from Styrofoam cups, plates, and bowls. Start using paper or reusable dishware.

MEAL COMPONENTS

1. Protein—Meat, Fish, Poultry, Legumes, Eggs, and Cheese

The meal shall contain 3 ounces of cooked, edible portions of meat, fish, poultry, legumes, eggs, cheese (or a combination there of) or, in casserole dishes, entrée salads, and sandwiches, 2 oz of cooked, edible portions of meat, fish, poultry or fish providing at least 15 grams of protein for one meal per day.

- a. If meats normally high in sodium are served for variety and client satisfaction, use low sodium versions whenever possible.
- b. Serve legume dishes using mature dried beans, peas, and lentils as often as possible in accordance with participant acceptance. Try to include legumes at least once per week.
- c. Legume dishes may not be counted as both a vegetable and a protein in the same meal.
- d. Soups containing at least one-half cup of beans, lentils, or split peas may be counted as one ounce of protein/meat. Soup containing one ounce of protein/meat must be served with an entrée containing at least two ounces of meat.
- e. ½ C of firm tofu can be counted as 3 oz of meat.

2. Vegetables

- a. Vegetables as a primary ingredient in soups, stews, casseroles or other combination dishes must total ½ cup per serving.
- b. One serving of raw leafy vegetables equals 1 cup. ½ C of raw leafy greens may be served, but is counted as ½ serving.
- c. Legume dishes may not be counted as both a vegetable and a protein in the same meal.

- d. Potatoes and sweet potatoes count as vegetables. Corn counts as a grain, but not a whole grain.

3. Fruit

- a. A serving of fruit is generally:
- Medium sized whole fruit
 - ½ cup fresh, chopped, cooked, frozen or canned, drained fruit
 - ½ cup 100% fruit juice
- b. Vitamin C fortified juice bases may be used as vitamin C sources, but do not count as servings of fruit.
- c. Fresh, frozen, or canned fruit should be packed in juice, light syrup, or water.

4. Breads/Grains

A variety of whole grain products should be consumed. Recommended are those highest in fiber (barley, brown rice, buckwheat, bulgur, dried ground corn (cornmeal, masa), oats, popcorn, quinoa, triticale, whole rye, whole wheat, wild rice).

- a. Ideally, one serving of the daily intake should be from whole grains.
- b. At least three of six servings per week shall be from whole grains. Whole grains contain 3 grams of fiber per serving.
- c. Grains that are processed (not whole) must be fortified.

5. Milk

Each meal shall contain eight ounces of fortified skim, reduced fat, or buttermilk (maximum of 1% milk fat)

- a. Have different types of milk available (1%, non-fat, etc).
- b. Use 2% milk only if nutritional analysis shows that the menus contain no more than 35% calories from fat.
- c. If religious preference precludes the acceptance of milk with the meal, it may be omitted from the menu. However another substitute (dry milk solids) should be available.

6. Fat

Fat is not a requirement. Each meal may contain fat components to increase the palatability and acceptability of the meal. Trans fat free fat or margarine may be used in food preparation or served as an accompaniment to the meal.

- a. Fats and oils are part of a healthful diet. The type of fat consumed makes a difference to heart health, and total amount consumed is also important.
 - Consume less than 10% of calories from saturated fatty acids and less than 300 mg/day of cholesterol.
 - Avoid trans fatty acids (hydrogenated fat in entrees, crackers, desserts etc).
 - Keep total fat intake between 20 to 35% of calories. Use sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- b. Select lean, low-fat, or fat-free meats, poultry, beans, milk, and milk products.

7. Dessert

Dessert may be provided to satisfy the caloric requirements or for additional nutrients. Encourage desserts that are low in fat or low in sugar.

- a. When a dessert contains ½ cup of fruit per serving, it may be counted as a serving of fruit.
- b. Serve fruit at least twice per week. One serving must be fresh and other servings may be fresh, frozen, cooked or canned fruit.
- c. When a dessert contains the equivalent of 1 serving starches/grains per serving, it may be counted as a serving of starches/grains (example: rice pudding, oatmeal cookie).
- d. When serving pudding or jello, consider using a sugar-free product for all participants.
- e. A high calorie, empty calorie dessert (cake, pie) may be served once per week.
- f. If a high calorie dessert is served, consider having fruit, sugar free jello or sugar free pudding available for diabetic seniors.

8. Condiments and Product Substitutes

- a. Salt substitutes shall not be provided.

- b. Sugar substitutes, pepper, herbal seasonings, lemon, vinegar, non-dairy creamer, salt, and sugar may be provided, but do not count as fulfilling any part of the nutrient requirements.
- c. Salad dressings, salsa, hot sauce, ketchup, soy sauce, mustard, mayonnaise do not need to be counted as long as they are served on the side and are not mixed in with the food.
- d. Shelf stable meals may be used as emergency supplies. Meals must follow menu standards. If purchased for emergencies, the meals must be used before or discarded after the use by/expiration date.
- e. Vitamin and or mineral supplements shall not be provided.
- f. Medical foods, nutritional supplements and food for special dietary uses shall not be provided with federal or state nutrition funds.

VITAMIN A SOURCES**Vitamin A Vegetables**

Item	µg RE	Amt
Broccoli, Frozen, Chopped, Baked	174.0	1/2 cup
Broccoli, Raw, Chopped	68.0	1/2 cup
Cabbage, Raw, Shredded	105.0	1/2 cup
Cabbage, Boiled, Shredded	6.0	1/2 cup
Cabbage, chinese, Boiled, Shredded	58.0	1/2 cup
Carrots, Raw	2025.0	2.5 oz, 1 med.
Carrots, Boiled, Sliced	1915.0	1/2 cup
Carrots, Canned, Sliced	1006.0	1/2 cup
Carrots, Frozen, Boiled, Sliced	1292.0	1/2 cup
Chard, Swiss, Boiled, Chopped	276.0	1/2 cup
Greens, Beet	367.0	1/2 cup
Greens, Collards, Frozen, Boiled	508.0	1/2 cup
Greens, Collards, Boiled, Chopped	175.0	1/2 cup
Greens, Kale, Boiled, Chopped	481.0	1/2 cup
Greens, Kale, Frozen, Boiled	413.0	1/2 cup
Greens, Mustard, Frozen, Boiled	335.0	1/2 cup
Greens, Mustard, Boiled, Chopped	212.0	1/2 cup
Greens, Turnip, Raw	213.0	1/2 cup
Greens, Turnip, Boiled, Chopped	396.0	1/2 cup
Greens, Turnip, Canned	420.0	1/2 cup
Greens, Turnip, Frozen, Boiled	54.0	1/2 cup
Lettuce, Romaine, Shredded	73.0	1/2 cup
Mixed Vegetables, Canned	995.0	1/2 cup
Mixed Vegetables, Frozen	389.0	1/2 cup
Peas & Carrots, canned	739.0	1/2 cup
Peas & Carrots, Frozen	621.0	1/2 cup
Pepeprs, Jalapeño, Chopped	116.0	1/2 cup
Potato, Sweet, Baked with Skin	2488.0	4 oz
Potato, Sweet, Mashed without Skin	2797.0	1/2 cup
Potato, Sweet, Candied	440.0	2 1/2 x 2"

Item	µg RE	Amt
Potato, Sweet, Canned, Mashed	1929.0	1/2 cup
Potato, Sweet, Syrup Pack	701.0	1/2 cup
Pumpkin, Boiled, Mashed	132.0	1/2 cup
Pumpkin, Canned, Mashed	2691.0	1/2 cup
Pumpkin Pie Mix, Canned	1120.0	1/2 cup
Spinach, Raw, Chopped	188.0	1/2 cup
Spinach, Canned	939.0	1/2 cup
Spinach, Frozen, Boiled	739.0	1/2 cup
Squash, Butternut, Boiled	714.0	1/2 cup
Squash, Butternut, Frozen, Boiled	401.0	1/2 cup
Squash, Hubbard, Baked, Cubed	616.0	1/2 cup
Squash, Hubabrd, Boiled, Mashed	73.0	1/2 cup
Tomato, Boiled	89.0	1/2 cup

Vitamin A Fruits

Item	µg RE	Amt
Apricot Nectar	165	1/2 cup
Apricots, Raw	277	3 med.
Apricots, Canned, Heavy Syrup	112	4 halves
Apricots, Canned, Juice Pack	142	3 halves
Apricots, Canned, Light Syrup	112	3 halves
Cantaloupe, Pieces	258	1/2 cup
Mango, Raw	806	1 med.
Papaya, Raw	612	1 med.
Persimmon	364	1 med, 6 oz
Prunes, Dried	50	3 med.
Tangerine, Fresh	77	3 oz
Vegetable juice Cocktail	142	1/2 cup

Vitamin A Miscellaneous Food Items

Item	µg RE	Amt
Braunschweiger Sausage	760	18 gm
Cheese, American	82	1 oz
Cheese, Cream	124	1 oz
Eggs, Boiled	84	1 lrg
Margarine	47	1 tsp.
Milk, Fluid, Skim, 1%, or 2%	140-149	1 cup
Liver, Beef, Braised	9087	3 oz

VITAMIN C SOURCES

Vitamin C Vegetables

Item	mg	Amt	Item	mg	Amt
Beans, Lima, Cooked from Frozen	5.0	1/2 cup	Jicama	11.6	3 oz.
Beans, Lima, Canned, Drained	5.0	1/2 cup	Kohlrabi, Raw	43.4	1/2 cup
Beans, Refried, canned	7.5	1/2 cup	Kohlrabi, Cooked	44.0	1/2 cup
Bean Sprouts, Fresh	7.0	1/2 cup	Lettuce, looseleaf	5.0	1/2 cup
Broccoli, Raw, Chopped	41.0	1/2 cup	Lettuce, Romaine	7.0	1/2 cup
Broccoli, Boiled	58.0	1/2 cup	Okra, Frozen, Boiled	11.0	1/2 cup
Brussels Sprouts, Boiled (4 sprouts)	48.0	1/2 cup	Onions, Cooked, Chopped	6.0	1/2 cup
Brussels Sprouts, Frozen, Boiled	36.0	1/2 cup	Parsnips, Boiled	10.0	1/2 cup
Cabbage, Chinese, Boiled, Shredded	22.0	1/2 cup	Peas & Carrots, Canned	8.0	1/2 cup
Cabbage, Chinese, Raw, Shredded	16.0	1/2 cup	Peas & Carrots, Frozen	7.0	1/2 cup
Cabbage, Green, Raw, Shredded	17.0	1/2 cup	Peas, Canned or Frozen, Boiled	8.0	1/2 cup
Cabbage, Green, Boiled, Shredded	18.0	1/2 cup	Peppers, Chili, Hot, Canned, Chopped	46.0	1/2 cup
Cabbage, Red, Raw, Shredded	20.0	1/2 cup	Peppers, Sweet, Boiled	51.0	1/2 cup
Cabbage, Red, Boiled, Shredded	26.0	1/2 cup	Peppers, Sweet, Raw, Chopped	45.0	1/2 cup
Cabbage, Savoy, Raw, Shredded	11.0	1/2 cup	Peppers, Sweet, Canned	33.0	1/2 cup
Cabbage, Savoy, Boiled, Shredded	12.0	1/2 cup	Peppers, Sweet, Freeze Dried	30.0	1/4 cup
Cauliflower, Raw, Pieces	36.0	1/2 cup	Pimentos, Canned	10.0	1 Tbsp
Cauliflower, Boiled, Pieces	34.0	1/2 cup	Potatoes (Content decreases with storage)		
Cauliflower, Frozen, Pieces	28.0	1/2 cup	Potatoes, Baked, Flesh & Peel, in the Oven	26.0	4 3/4x 2 1/2"
Chard, Swiss, Boiled, Chopped	16.0	1/2 cup	Potatoes, Baked, Flesh Only, in the oven	20.0	4 3/4x 2 1/2"
Corn, Canned, Vacuum Pack	9.0	1/2 cup	Potatoes, Boiled, Cooked in Peel	17.6	2 1/2" diameter
Greens, Beet, Boiled	18.0	1/2 cup	Cooked without Peel	10.0	2 1/2" diameter
Greens, Chicory, Raw, Chopped	22.0	1/2 cup	Potatoes, Canned, without Skin	5.0	1/2 cup
Greens, Collard, Frozen, Boiled	23.0	1/2 cup	Potatoes, French Fries	5.0	10 pieces
Greens, Kale, Frozen, Boiled, Chopped	16.0	1/2 cup	Potatoes, Mashed, from Flakes	10.0	1/2 cup
Greens, Kale, Boiled, Chopped	27.0	1/2 cup	Potatoes, Mashed, from Granules	6.0	1/2 cup
Greens, Mustard, Boiled, Chopped	18.0	1/2 cup	Potatoes, Sweet, Baked with Skin	28.0	4.1 oz
Greens, Mustard, Frozen, Boiled	10.0	1/2 cup	Potatoes, Sweet, Boiled with Skin	28.0	1/2 cup
Greens, Turnip, Frozen, Boiled	18.0	1/2 cup	Potatoes, Sweet, Canned, Mashed	6.5	1/2 cup
Greens, Turnip, Canned	18.0	1/2 cup	Pumpkin, Canned	5.0	1/2 cup

Item	mg	Amt	Item	mg	Amt
Rutabaga, Boiled, Cubed	19.0	1/2 cup	Grapefruit, Canned, Juice Pack	42	1/2 cup
Sauerkraut, Canned	17.0	1/2 cup	Grapefruit, Canned, Light Syrup	27	1/2 cup
Spinach, Raw	8.0	1/2 cup	Guava, Strawberry, Raw	45	1/2 cup
Spinach, Boiled	9.0	1/2 cup	Honeydew Melon, Raw	21	1/2 cup
Spinach, Canned	15.0	1/2 cup	Java Plum, Raw	13	1 each
Spinach, Frozen, Boiled	12.0	1/2 cup	Kiwi, Raw	75	1 med.
Squash, Acorn, Baked, Cubed	11.0	1/2 cup	Loganberries, Frozen	11.5	1/2 cup
Squash, Acorn, Boiled, Mashed	8.0	1/2 cup	Mandarin Oranges, Juice Pack	43	1/2 cup
Squash, Hubbard, Baked, Cubed	10.0	1/2 cup	Mandarin Oranges, Light Syrup	25	1/2 cup
Squash, Hubbard, Boiled, Mashed	8.0	1/2 cup	Mango, Raw	57	1 med.
Squash, Summer, Scallop, Boiled	10.0	1/2 cup	Oranges, Naval, Raw	80	1 med.
Squash, Summer, Zucchini, Raw	5.9	1/2 cup	Oranges, Valencia, Raw	59	1 med.
Succotash, Boiled	8.0	1/2 cup	Papaya, Raw	188	1 med.
Tomato, Raw	20.0	1 1/2" diameter	Persimmon, Japan, Raw	13	1 med.
Tomato, Stewed, Canned	17.0	1/2 cup	Pineapple, Raw, Pieces	12	1/2 cup
			Raspberries, Frozen, Light Syrup	23	1/2 cup
			Raspberries, Raw	15	1/2 cup
			Strawberries, Raw	42	1/2 cup
			Strawberries, Frozen, Light Syrup	64	1/2 cup
			Tangerine, Raw	26	1 med.
			Watermelon, Raw	7.5	1/2 cup
Vitamin C Fruits					
Item	mg	Amt			
Acerola	82.2	1/2 cup			
Apple with Skin	8	1 med.			
Banana	10	8 3/4"			
Blackberries, Raw	15	1/2 cup			
Cantaloupe, Raw	34	1/2 cup			
Carambola, Raw	27	1 med.			
Casaba Melon, Raw	13	1/2 cup			
Elderberries	26	1/2 cup			
Grapefruit, Pink, Raw	47	1/2 med.			
Grapefruit, White, Raw	39	1/2 med.			

FOOD SOURCES OF DIETARY FIBER

Food Sources of Dietary Fiber ranked by grams of dietary fiber per standard amount; also calories in the standard amount. (All are >-10% of AI for adult women, which is 25 grams/day.)

Food, Standard Amount	Dietary Fiber (g)	Calories
Navy beans, cooked, ½ cup	9.5	128
Bran ready-to-eat cereal (100%), ½ cup	8.8	78
Kidney beans, canned, ½ cup	8.2	109
Split peas, cooked, ½ cup	8.1	116
Lentils, cooked, ½ cup	7.8	115
Black beans, cooked, ½ cup	7.5	114
Pinto beans, cooked, ½ cup	7.7	122
Lima beans, cooked, ½ cup	6.6	108
Artichoke, globe, cooked, 1 each	6.5	60
White beans, canned, ½ cup	6.3	154
Chickpeas, cooked, ½ cup	6.2	135
Great northern beans, cooked, ½ cup	6.2	105
Cowpeas, cooked, ½ cup	5.6	100
Soybeans, mature, cooked, ½ cup	5.2	149
Bran ready-to-eat cereals, various, ~1 oz	2.6-5.0	90-108
Crackers, rye wafers, plain, 2 wafers	5.0	74
Sweet potato, baked, with peel, 1 medium (146 g)	4.8	131
Asian pear, raw, 1 small	4.4	51
Green peas, cooked, ½ cup	4.4	67
Whole-wheat English muffin, 1 each	4.4	134
Pear, raw, 1 small	4.3	81
Bulgur, cooked, ½ cup	4.1	76
Mixed vegetables, cooked, ½ cup	4.0	59
Raspberries, raw, ½ cup	4.0	32
Sweet potato, boiled, no peel, 1 medium (156 g)	3.9	119
Blackberries, raw, ½ cup	3.8	31

Source: ARS Nutrient Database for Standard Reference, Release 17. Foods are from single nutrient reports, which are sorted either by food description or in descending order by nutrient content in terms of common household measures. The food items and weights in these reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the

MENU PATTERN: C-1 & C-2
 Indicate Type of Meal

SALADS and MORE MENU WEEK NUMBER [1] AGENCY NAME:

Beginning Dates:

Ending Dates:

Beginning Dates:

Ending Dates:

For AAA Office Use Only

Salad 1	Salad 2	Salad 3	Salad 4	Salad 5	Salad 6	Salad 7
Soup or Juice (C1) Italian Wedding Soup 6 oz ladle (C2) Apple Juice (½ c)	C1-Cream of Cauliflower Soup* 6 oz ladle C2- Orange Juice (½c)*	(C1) Lentil and Black Bean Soup 6 oz ladle (C2) Grape Juice (½c)	C1-Butternut Squash Soup** (6 oz ladle) C2-Vegetable Juice 4 oz.**	C1-Manhattan Clam Chowder (6 oz ladle) C2-Apple Juice (½c)	C1 Chicken Avocado Soup 6 oz ladle C2 Grape Juice ½ c	C1 Carrot-Ginger Soup 6 oz ladle C2 Pineapple jc ½ c
Entree Honey Dijon Salmon Salad- Salmon Fillet (2oz) spoodle	Chicken Waldorf Entrée Salad (chicken salad/2 oz. spoodle)	Beef Fajita Salad Beef (2oz) 2 oz spoodle	Pork Salad Toss with Balsamic Glaze (2oz) pork/ 2oz spoodle 1 oz glaze/ 1 oz ladle	Greek Chicken Salad (2oz chicken/ 2 oz spoodle)	Fish Taco Salad (2oz fish) 2 oz spoodle	Asian Chicken Salad (2 oz chicken/ 2 oz spoodle)
Starch/Alternate (See Bread)	(See bread)	(See bread)	(See bread)	Seasoned Garbanzo Beans (½c) #8 Scoop	Tortilla Strips ¼ c	Ramen Noodles ½ cup
VEG Cherry Tomato/ Snow Peas/ Green onion (½ c) 4oz Spoodle	Apple celery waldorf salad ½ cup/4 oz. spoodle	Red bell pepper* onion garbanzo beans (½c) 4oz Spoodle 2 tomato wedges*-tongs	*Cauliflower/ Snow peas/ red peppers* (½c) 4oz Spoodle mg C	**Fresh spinach (1c) 4oz Spoodle 508 RE A	Pico de gallo* (onion, tomato, pepper, cilantro) ½ c/ #8 scoop	Stir fried vegetables***- carrot, broccoli, cauliflower, pea pods ½ c/ 4 oz spdl
SALAD Mixed Salad Greens & spinach ** (50% each) (1c) 4 oz spoodle Dijon dressing (1 oz ladle)	Iceberg and Red leaf lettuce 1 cup/ 4 oz spoodle	Mixed Green Salad (1c/ 4 oz spoodle) w/Dressing (1 oz ladle); ¼ c salsa #16sc	Romaine lettuce 1 cup/ 4 oz spoodle 1 Tbl Rst. Sunfl. Seeds	Marinated Cucumber & Tomatoes* w/ Feta (½c) #8 Scoop	Shredded Cabbage Slaw* w/ dressing 1 cup/ 4 oz spoodle	Chinese cabbage/ romaine lettuce* (50% ea.) 1 cup/ 4 oz spoodle
Bread Whole Grain Roll (1 each)	Whole Grain Dinner Roll (1)	Mexican Cornbread 2x2"/ spatula	Cornbread 2x2 (1)	Whole Wheat Roll (1 each)	Corn Tortilla 6 in. (2)	Dinner Roll (1)
Margarine 0 trans- optional	0 trans- optional	Sour Cream ½ oz/ 0 trans- optional	0 trans- optional	0 trans- optional	0 trans- optional	0 trans- optional
Dessert Citrus Fruit Cup* (1/2 cup) 4 oz. spoodle	Chocolate Chip Cookie! (2) or fruit ½ cup/ #8 scoop	Lime Sherbet 4 oz cup or Fruit (½c) #8 scoop	Berry Peach Cobbler ½ cup/#8 scoop	Custard sauce 1 Tbl. over seasonal fruit ½ cup/ #8 scoop	Carrot Cake**! (2 inch square/ spatula Or fruit ½ c/ #8 scoop	Pear fresh in season (1) or canned pears ½ cup/ 4 oz spoodle
Milk Low Fat (8oz)	Low Fat (8oz)	Low Fat (8oz)	Low Fat (8oz)	Low Fat (8oz)	Low Fat (8oz)	Low Fat (8oz)

APPENDIX C, EXHIBIT 7